

Glycemic Load Food List

Fruit	GI	GL
Apple	40	6
Apricot, dried	32	8
Banana, ripe	51	12
Cherries	22	3
Grapes	43	8
Figs, dried	61	16
Fruit cocktail	55	9
Kiwi	53	6
Mango	51	8
Orange	48	4
Papaya	60	5
Peach	28	2
Peach, canned in juice	38	4
Pear	33	4
Pear, canned	44	5
Pineapple, raw	59	7
Pineapple, canned	46	15
Plum	24	3
Prunes	29	10
Raisins	64	28
Strawberries	40	1
Watermelon	72	4

Dairy	GI	GL
Nonfat milk	32	4
Nonfat yogurt	24	3
Soy yogurt	50	13

Vegetables	GI	GL
Carrots, boiled	41	2
Carrots, raw	16	3
Tomato juice, Campbells®	33	4

Plant proteins	GI	GL
Baked beans	48	7
Black beans	30	7
Black-eyed peas	50	11
Butter beans	36	7
Chickpeas	36	9
Green peas	51	3
Kidney beans	23	6
Lentils	22	3
Lima beans	32	10
Pinto beans	39	10
Split peas	32	6

Breads	GI	GL
Bread, pumpernickel	46	5
Bread, white or wheat	68	9
Bread, whole wheat	73	10
Tortilla, corn	52	12
Tortilla, wheat	30	8

Cereals	GI	GL
Bran buds	58	11
Bran flakes	74	13
Cheerios®	74	15
Cream of Wheat®	66	17
Grape Nuts®	75	16
Grape Nuts Flakes	80	17
All-Bran®	38	7
Oat bran	50	2
Oatmeal	75	17
Shredded Wheat®	83	17
Special K®	69	14
Total®	76	17

Crackers/snacks	GI	GL
Hummus	6	0
Melba toast	70	16
Popcorn	72	8
Pretzels	83	16
Rice cakes	82	17
Rye crispbread	62	10

Grains	GI	GL
Barley	25	11
Couscous	65	23
Quinoa	53	9
Rice, brown	50	24
Spaghetti, whole grain	32	14

Starchy vegetables	GI	GL
Corn, canned	46	7
Corn, boiled	60	20
New potato	57	12
Sweet potato	48	13